Daily Word

A UNITY PUBLICATION
DECEMBER 1957

Pray with Silent Unity

PEACE . . . **Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.**

•

PRAYER FOR ILLUMINATION (11 a.m.): **I am the living expression of the Christ of God, blessed with rich gifts of light and inspiration.**

•

PRAYER FOR PROSPERITY (12 noon): **I am the living expression of the Christ of God, blessed with rich gifts of prosperity and success.**

•

PRAYER FOR HEALING (9 p.m.): **I am the living expression of the Christ of God, blessed with rich gifts of wholeness and perfection.**

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DAILY WORD

Edited under the inspiration of Silent Unity

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The Child in the Heart

JAMES DILLET FREEMAN

CHRISTMAS is a holiday for children. But at Christmas, who is not a child? At Christmas we are all children, not in years perhaps, but at heart, children of God. Christmas is our recognition of the child in our heart.

Christmas is for children and celebrates the birth of a child. Yet how different it is from most birthdays! When we celebrate the birthday of most great men, we think of the grown man and his achievements. But when we celebrate the birthday of Christ, it is not the man Jesus that we think of; but the Holy Infant, wrapped in swaddling clothes, lying in a manger.

Who is this child of Christmas, born so lowly, yet life's King? His mother knew as she held Him to her heart. The shepherds knew, for they left their sheep on the hills to seek Him where He lay. The cattle in the stalls knew, for they knelt in the straw and worshipped Him. The angels knew, for they sang Him hallelujahs as He slept. The Wise Men knew, for they came from afar to give Him gifts.

We too can know, if we seek in our heart, for it is into our heart that we must turn from keeping

our sheep if we would kneel in adoration of the Lord. It is from our heart that we must give our gifts. It is in our heart the star will rise. It is with our heart that we can hear the angels sing. Christmas celebrates an event of the heart, a spiritual advent, the birth of the Christ in us.

Most of the time we are grown-up people; hardened with habit and encased in fact, we go from commonplace to commonplace; we look but we do not see; we live but are not alive.

The Master, being grown, decreed, "Except ye . . . become as little children, ye shall not enter in." In Bethlehem of Judea in a stable of an inn, God became as a little child at Christmastime. And in the stable of our heart the Christmas child may be born in us.

What is it like to be a child at heart? Perhaps we have become too grown-up even to remember. To be a child is to be fascinated by everything, one's own toes and fingers, the starry skies, a crawling ant, a singing bird, a shiny pebble. A child puts all he is into all he does, and so gets everything there is to get out of everything that happens to him. He has illimitable time because he has inexhaustible energy. A child has childlike faith—I will not say in miracles, because in a child's world, what is not a miracle? A child accepts no limits in his thoughts; can lift a loco-

motive, fly to Mars, become king of the world. There is no eventuality too impossible to achieve. A child is delighted with any trifle and not overwhelmed by catastrophe. He can be himself in the presence of the President. Accepting himself —as child of man and God—he has a sense of equality with all human beings and is without grown-up pretentiousness.

Above all, to be a child is to be alive to the wonder and joy of life. This is why Christmas is for children. Christmas is for those who have a sense of the wonder and joy of life.

Christmas is a season of the year, but even more it is a season in the mind, less a day than a delight of spirit. All of us have to live through the day, but only those who find the child in the heart truly celebrate Christmas. For it is not just a happening in time; it happens in the heart. Christmas is childheartedness.

When we find the child in the heart; then the crowds are not just noisy people getting in our way on the street or at the shop counter, keeping us from doing our business as quickly as we might. The crowds become part of the great human family to which we too belong. The very number of people, all bent on one purpose—to give, not to get—the elbow-to-elbow closeness of us and our neighbor—and at Christmas the stranger in

the street is our neighbor—makes us no longer lonely and alone, but aware that we are all one human-kindness; and this sense of man-to-manness, leaping from happy face to happy face, like an electric spark, leaps through us too, charging us with the fire of life and the warmth of love as we walk.

Then, when we step into the snow, the snow becomes not just a bother underfoot, wet and slippery and cold. The snow becomes the white robe of holiness and innocence thrown around the grimy shoulders of the world like God's forgiving love. And as it wraps us round, coming down as silently as sleep, as still as prayer, falling on our thoughts like peace; we step out of our self and out of our cares and sense the brooding of the Holy Spirit over living things.

Then, the notion of Santa Claus drawn in a reindeer sleigh across the rooftops of the world, visiting every chimney and every child on a single night, is not just a poet's fancy. It is an affirmation of the power of the human mind to sparkle and create, and of the world and life constantly to amaze. It is a realization that man must never wholly give up his willingness to believe in the wonderful preposterous. It is the awareness that truth may not only be thought of as Newton's law of gravitation or Einstein's theory of relativity;

truth may also be thought of as a merry, ancient, ageless, white-bearded, red-suited elf, pouring out gifts with no thought of return and blessing mankind with laughter and good will.

Then, a gift becomes not just a tie or a handkerchief, or a gadget we did not need, but the love that prompted it, and the excitement that went into the search for it, and the joy that flowered in the giving of it.

Then, the story of the Babe born long ago in a starlit stable far away becomes not just a tale that is told, but an event that takes place in our own heart.

Then, for a season we can lose ourselves to the magic of imagination, and our world can become as beautiful as a child's dream—yes, even the dreams he dreams on Christmas Eve.

For here is candlelight, greeting cards, church bells, carolers, holly wreaths, mistletoe, trees full of light, snowfall, starlight, hearth-fire, heart-glow, Santa Claus, reindeer, stockings by the mantel, giving, good will, joy in living, peace. Here is a child, mothered by a Virgin, cradled in a manger, worshipped by shepherds, angels, beasts, and Wise Men, watched by the brightest star that ever shone.

There is little that is reasonable about Christmas. Christmas is impossible, implausible, and

marvelous, much too unbelievable ever to believe —unless we have faith and imagination, unless we can become a child at heart!

For Christmas is only a small part fact, mostly imagination. It hardly ever snows on Christmas, but whoever thinks of Christmas always thinks of it as white! The tree by the window is often skimpy, but no one when he thinks of Christmas trees has less than a perfect tree in mind, straight, green, full-branched, touching the ceiling, laden with baubles, dancing with lights!

Hardly anybody has a hearth, yet we scarcely speak of Christmas and the Yule log blazes up in our thoughts and makes so comfortable a fire that we can sit and dream awhile by its warmth.

Has anyone ever really seen Santa Claus? But does anyone know a flesh-and-blood person who is a more familiar figure or more dearly loved!

How many times have carolers sung outside your window in the night? Yet we scarcely need to listen to hear child voices rise:

"O come, all ye faithful, joyful and triumphant,
O come ye, O come ye to Bethlehem."

But to say that Christmas is mostly imagination does not mean that it is unreal. It may be that imagination—how close akin to faith!—is the truest revealer of reality.

Surely that which warms hearts and fires minds

and makes human beings less selfish for awhile, that which charges the air with wonder and joy—and Christmas does all this—surely, this is the essence of reality.

Prosy facts are not reality. How many of yesterday's facts have been shown today to be only a foolish fancy; how many of today's foolish fancies will be tomorrow's facts! This has been proved many times by men with imagination enough to see through the facts to the dream beyond and with faith enough to turn their dream into fact. In this world, what is dream and what is fact? Is not a truth only a dream come true?

A man has many gifts, but none greater than the ability to see more than appears to the eye. Perhaps, this is why we like candlelight at Christmas. An electric bulb is better for examining surfaces or taking things apart, but at Christmas, coming as it does in winter's dark at year's end, we are trying to see through the drab appearance of things to the creative spirit that forever bubbles up, a many-colored fountain of beauty and joy and life, from the secret springs of being. Imagination, like a candle, casts a little light, but ah, how deep its radiance can penetrate!

Imagination, imagination! Without it, every gift is bare! With it, any gift is golden!

Watch how quickly a child turns from all his

expensive toys to a bedraggled doll or even to a pocketful of treasured stones—not much to look at with our grown-up eyes, but he is seeing with imagination.

My own favorite playthings were a few handfuls of bottle caps picked up in alleys. With these on the rug of the living room floor, I slew dragons, waged wars, captured castles and cities, fought duals, explored the wilderness, circled the globe, visited strange planets, lived and fought and loved and suffered and triumphed with all the heroes and villains of literature and with a number known only to me. No conceivable toy that anyone could have given me for Christmas, no fantastic device or invention, could have contained half the romance and adventure as those handfuls of bottle caps and that headful of imagination.

It is because of imagination that Christmas Day itself sometimes brings a little disappointment. So long as we are anticipating Christmas, we let the light of our imagination shine, and everything sparkles! But on Christmas Day itself, we may rely entirely on our eyes, though we need imagination just as much. For it is only through the magic of imagination that the simple gifts and tinseled tree can be transformed into a vision and delight.

That is why a gift we get from a child means so

much. He probably bought it at the dime store. It may be only a bar of soap or cheap perfume or a handkerchief. But watching his face as we open his gift, we come very close to the love and joy and excitement and faith that are Christmas.

And at Christmas a child offers every one of us a gift. Who is the child? It is the Christ child. It is the child in our heart. And He offers us the gift of His childlikeness. It makes no difference where we are or what we are doing, for a moment of our life, we can be as a child, not the child we were, but the perfect child we are at heart. Through the window of our imagination we can catch a glimpse of the wonder, not only of things but at the heart of reality.

O child at the shop window, peering through the snowy pane at such toys as exist only on the other side of the window of imagination, let us—like you—have always time to stop and stare at the ten thousand things that lie around us. Let us always be sensitive to the beautiful and strange, and sensitive enough to see that ordinary things are also beautiful and strange. Let us have the joy of anticipation and the capacity for excitement so that wherever we go we will find a glitter in the street and a glory in the mind.

O child in toyland, about to confide your fondest dreams to Santa Claus, may we always

keep a sense of the marvelous and never grow too old to believe in our dreams. In the midst of troubles and cares, may we have your trust in the good Presence.

O child on Christmas morning, peering down through the banisters at the heaped-up fulfillment of your hopes, may we always have the same capacity to find the whole of heart's desire in a single moment of time, and yet have enthusiasm for eternity!

O Christ child, love of God, love of man, and love of life, be born in me to grow! I may not yet be spiritual man, but I am the child of the Spirit, and the child will grow to be the man.

And now I have the powers of a child, the gifts of a child, the faith, and joy and wonder of a child, the immortal child, the child of God.

O Christmas child, child in the heart, awake in me and smile!

ATTENTION REGULAR SUBSCRIBERS

The heavy holiday mail often causes delay in magazine delivery during the Christmas season, so the January issue of your Unity periodicals may be slow in reaching you. But practically no mail is lost in this seasonal rush, and we shall appreciate your waiting patiently for the January issue of YOUR magazine to arrive.

Thank you for your patience and co-operation!

Sunday

I LIVE AND LET LIVE.

I LIVE my life and I let others live their lives. I do not become unduly concerned because my neighbor does not see things as I see them. I remind myself that God has many ways of expressing Himself, and each way is just as right as the other.

My way is right for me. My neighbor's way is right for him. My religion is right for me. My neighbor's religion is right for him. There are many paths leading to the top of the mountain, but when we reach the summit, the view will be the same.

Instead of criticizing my fellow man, because he goes a different way, I extend a helping hand and say, "Let me help you on your way even though it differs from my own."

I do not proselyte—I just let God's love shine forth through me on everyone who comes into my life, and I ask the Spirit of God to bless each one in the particular way that his soul has chosen to go. I realize God's love shines just as brightly for my neighbor as it shines for me.

I live and let live.

♣ *What* is that *to thee? follow thou me.*—JOHN 21:22.

Monday

I WELCOME EVERY CHANGE IN MY LIFE AS A NEW STEP IN MY ETERNAL, SPIRITUAL UNFOLDMENT.

I REJOICE in change. I do not resist new situations that come before me, but I welcome them as opportunities to grow stronger in spiritual understanding. Change means growth.

The Spirit within me knows my soul's need and is leading me constantly into the particular experiences that will inspire me to draw upon spiritual reserves that I have never used.

Life is a school, and I learn and grow through meeting the experiences of every day. The spirit of divine wisdom prepares me for every challenge. As I meet each challenge with an inner joy and gratitude for the opportunity to grow stronger in Him, I will never suffer, for suffering comes only to those who fight and resist the circumstances of life. As I keep my attention on the changeless One through all change, peace will be mine. As I make peace with the thought of change I am able to welcome every change in my life as a new step in my eternal, spiritual unfoldment.

♣ *Here we have no continuing city.*—HEB. 13:14 (A.V.).

Tuesday

I BELIEVE THAT WITH GOD ALL THINGS ARE POSSIBLE.

"THE things which are impossible with men are possible with God."

When we are praying for someone who has a condition that has been termed incurable or hopeless, we need to remind ourselves again and again that "The things which are impossible with men are possible with God."

Instead of thinking that there is nothing we or anyone else can do, let us think of God's power, of His love, of His healing Spirit. Let us keep our faith in His Spirit, mighty in the midst of those for whom we pray. Let us keep our faith in His power to heal. Let us keep faith in His good will and purpose for all His children. Let us keep faith in the power of our prayers.

Let us not say of anything that it is impossible, but rather let us affirm with all the faith of our hearts and minds, "With God all things are possible." God's power is not limited, His arm is not shortened, His love is boundless, and His healing Spirit is eternal.

✤ *The things which are impossible with men are possible with God.*—LUKE 18:27.

Wednesday

I AGREE WITH THE BEAUTIFUL SPIRIT OF GOOD IN EVERY SITUATION.

I MAKE it a habit to look for God's presence in everything that confronts me. If a disappointment arises, I will not be cast down by it but I will expect a greater good which I know God has for me. As I look for this greater good, there it will be!

If the prayers I pray are not immediately answered, I will ask the Lord to teach me patience; not patience to endure deprivation, but patience to wait for my certain good.

If personalities seem to be obstacles before me, I will not outwardly oppose them or inwardly resist them. I will realize that for some good purpose these individuals are in my life and I am in their lives. I will look to the God-presence within each one, and by doing this I will come to see that I have no enemies, only friends.

If some situation seems inharmonious, it will not remain so for long. I look beyond the seeming chaos to the harmonizing Spirit of God.

I will make it a habit to agree with the beautiful Spirit of good in every situation.

♣ *Agree with thine adversary quickly.*—MATT. 5:25.

Thursday

THIS IS A DAY TO ACCOMPLISH GREAT THINGS.

I BLESS my work, and I set God before me this day to guide me in all that I do.

During the day, if my work seems to weigh heavily upon me, I remember that it is not I, but the power of God within me, that is doing the work. Through God's power and with His help I am refreshed and relaxed.

If things seem to have been piling up, I ask God's help in doing them as quickly and as efficiently as possible. I do not allow myself to feel rushed or hurried. I remember that when I work with God there is time for all that I need to do. I take each task in turn and devote my energies to it. I do not let my mind stray to something else but I concentrate all of my God-given faculties on the task at hand. My mind is clear and quick, and I find perfect answers and make right decisions.

With God's help I do first things first, taking each task in turn, giving the substance of my thought, the blessing of my prayer to every task.

This is a day to accomplish great things.

✤ *For everything there is a season, and a time for every purpose under heaven.*—ECCLES. 3:1.

Friday

THE LOVING, SUSTAINING PRESENCE OF CHRIST WITHIN ME UPLIFTS, STRENGTHENS, AND COMFORTS ME.

NO MATTER how great my need may be I know that I can depend on the Christ presence within me to uplift and sustain me. His loving, courageous presence abides within, and I can never be separated from Him. Even when my heart searches for the answers to questions, and my mind doubts the reasons for things, I will not doubt Him nor His love. I give myself and those whom I love wholly into His care and keeping, and I trust in His good purposes for all.

When I turn to the Christ presence and trust in His love I cannot remain depressed or unhappy. I rely on His presence and I am comforted and sustained; I am given the strength and courage needed to renew my interest in life. If the way before me seems lonely or dark, my faith in Him assures me that His love will light my way and guide me over the unsteady places. In Him I am uplifted, sustained, and comforted, in Him I find peace and courage.

♣ *Jehovah will be thine everlasting light, and the days of thy mourning shall be ended.*—ISA. 60:20.

Saturday

LET THERE BE PEACE ON EARTH AND LET IT BEGIN WITH ME.

DO YOU ever say to yourself, "What can I do toward establishing peace and harmony in the world? Surely my small contribution has no effect?"

Each person's efforts toward helping to bring peace to the world are important. Jesus gave the key to peace and the part we play in establishing peace in the world when He said, "Love one another, even as I have loved you." He knew unquestionably that if love were practiced peace would reign throughout the world. The expression of the love of God is indeed the fulfilling of all the law.

It is easier sometimes to talk about love objectively than to express love in our daily lives. However, as we practice the expression of love, as we perform some unselfish act each day, as we find something worth-while, kind, and loving to say to each person we meet, and as we practice doing unto others as we want others to do unto us, we will be contributors toward world peace.

✦ *Love one another, even as I have loved you.*—JOHN 15:12.

Sunday

GOD IS BLESSING ME NOW WITH LOVE, JOY, AND FULFILLMENT.

IF I want to add new and enriching experiences to my life, if I want to enlarge my circle of friends, I trust the goodness of God to bring about the blessing I desire.

But whether my blessing comes to me in the form of a challenging new opportunity, the development of a special friendship, a meeting with a certain person, or whether my good comes to me in other ways, my faith in God assures me of a right answer.

I place myself and my desires in God's care through prayer. I let God's love in my heart express itself toward those who need love, but I am not possessive, nor do I seek to force issues.

As I give wisely and thoughtfully of God's love, I also give of God's joy. The joy in my heart lends itself to every occasion, and such a spirit of joy helps others to be free and to enter into life and express themselves. Through such giving I find my own needs richly fulfilled.

God is blessing me now with love, joy, and fulfillment.

♣ *The fruit of the Spirit is love, joy, peace.*—GAL. 5:22.

Monday

DECEMBER 9

I USE MY GOD-GIVEN POWER OF CHOICE TO THINK GOOD THOUGHTS.

GOD has given me a wonderful gift, the gift of the power of choice. I will use this gift today in connection with my thinking.

Knowing that thoughts produce things, I choose to think only thoughts that are positive and good. When a thought of fear or lack comes to me, I will choose to let it go and replace it with thoughts of confidence and plenty. When thoughts of jealousy or injustice come to me, I will release them and think instead about love, justice, and order. The moment I make my choice and take action on it, I not only change my thinking but I give my life a blessing.

I choose to give power in my mind only to the thoughts that produce good results in my life and affairs. I choose to think thoughts of harmony, love, life, prosperity, and happiness. I open the way for God's good to flow to me as I make the right choice of thoughts today and every day. I use my God-given power of choice to think good thoughts.

♣ *Choose you this day whom ye will serve.*—JOSH. 24:15.

Tuesday

I GIVE MY BLESSING TO ALL.

THE MOST wonderful gift you can give at Christmas time is the gift of your peaceful and calm spirit, the gift of your poise and patience, the gift of your understanding and joy.

So many times the Christmas season is anything but a season of joy for some people. They may feel harrassed and hurried by all the extra activities; they may feel depressed by lack of money to meet all the demands made on them. So the Christmas season is a time when our prayers and blessings are needed. Let us make this a time of giving in the true sense; a time of giving of our prayers and blessings to all persons, not only to those we know and love but to the stranger we pass on the streets or mingle with in the shops. Let us make this a time of beholding the Christ in all persons; a time of passing along a spirit of joy, a spirit of peace, a spirit of prosperity, a spirit of tranquillity. As we bless others, we shall be blessed ourselves, at peace with ourselves and the world; renewed and reborn in Christ.

Let us give our blessing to all.

♣ *It is more blessed to give than to receive.*—ACTS 20:35.

Wednesday

DECEMBER 11

I AM YOUTHFUL AND VITAL, FOR THE RADIANT SPIRIT OF GOD WITHIN ME IS YOUTHFUL AND VITAL.

THE number of birthdays I have had does not limit me; years have no power to cause deterioration in my physical organism. Only if I allow negative thoughts and feelings to accumulate in my consciousness do I lose my youthful spirit and cease to be a vital expression of God's life.

It does not make any difference how old I am. As I keep my mind filled full of thoughts of God's life and power and strength, the cells of my body will respond, and they will be continually renewed and restored.

I am a spiritual being, a child of God, made in His glorious image, and my body outpictures this glory in every part. I realize that the people around me, my family, my friends, are also spiritual beings, made in His glorious image. I realize that birthdays do not limit their expression, and they, too, are youthful and vital since the radiant spirit of God is within them.

♣ *We all . . . beholding . . . the glory of the Lord, are transformed into the same image.*—II COR. 3:18.

Thursday

THE SPIRIT IN ME IS GUIDING ME SAFELY THROUGH EVERY EXPERIENCE IN MY LIFE.

THE ANSWER to everything is in God. There is no situation that does not have a solution in the Mind of God. As I become quiet and turn within to His presence, seeking His counsel, the light that I need will unfailingly shine before me, making plain what steps I should take.

I refuse to become alarmed over any circumstance. I know that the answer to every question is within me and I know that there is no situation that does not have a solution. Despite outer appearances that say, "It is hopeless," "There is no way out," I calmly remind myself that within me is the divine way out of every dilemma—mental, emotional, physical, and financial. No matter how dark the path may be, as I look expectantly toward God's guiding presence, the wisdom and the strength I need will come to me at just the right time and show me the way. I know that the Spirit in me is guiding me safely through every experience in my life, and all is well.

✤ *The* LORD is *my shepherd; I shall not want.*—PSALMS 23:1 (A.V.).

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BER LESSONS

R. H. GRENVILLE

Leafless trees against the sky
Encourage me to simplify,
To clear my heart of useless clutter.
Snow piled high along the gutter,
Hiding roads and fences under
Tranquil drifts of starry wonder,
Shows me how to blot unkind
Memories from heart and mind.

North wind blowing in a blast
To set the rivers freezing fast,
Cheeks aglow and ears atingle
Urges, "Keep your purpose single,"
While robins at the feeding tray,
Sure of breakfast on the way,
Proclaim a faith I well might borrow:
"Be not anxious for the morrow."

Friday

GOD IS MY REFUGE AND MY STRENGTH. HE IS MY INSTANT AND UNFAILING HELP. I DWELL IN THE SECURITY OF HIS PRESENCE FOREVER.

GOD IS my refuge and my strength; I am knowing it now. From early morning until late at night, during all my waking hours I know God as my refuge and my strength. When sleep comes to me I rest in this same protecting presence.

God is my instant and unfailing help; I am knowing it now. In all things that I have to meet, in all tasks that must be done, in all decisions to be made, God is my instant and unfailing help. I need not hesitate, debate, nor procrastinate. God's wisdom guides my way; His love protects me in every phase of my life. God's help is instant. I cannot step out of the circle of His care. I dwell in the security of His presence forever. In my home, at work, or at school, walking down the street, in a car, on a bus, on a train, or in a plane, I dwell in the security of God's presence.

God is our refuge and strength,
A very present help in trouble.
—PSALMS 46:1.

Saturday

I STAND FAST IN THE FREEDOM THAT CHRIST HAS GIVEN ME.

I CHERISH freedom enough to want it for everyone. If freedom seems lacking in my life, if I am held back by some barrier or limitation, I look deeply into myself to see whether I am denying freedom to another. Am I oversolicitous, dictatorial, or anxious? Do I say of anyone that he or she is incorrigible, hopeless, or incurable? Do I shackle myself and others with chains of envy, doubt, anxiety, or resentment?

Today I set free anyone whom I may, consciously or unconsciously, have thought of as limited. I let go of any thought of criticism and resentment about anyone who has ever wronged or hurt me. The forgiving love of Christ blesses and frees us both. I set my friends and my loved ones free to follow divine wisdom.

I do not live my life at the dictates of others, nor do I dictate to others the way that they should live. I claim our birthright as glad, free, joyous children of God.

✤ *For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.* —GAL. 5:1.

Sunday

I KNOW THAT EVERY CHILD IS GOD'S CHILD.

IF THERE is ever a season when our hearts are filled with the thought of children, this is that season. Because we are celebrating the birth of the Christ child we are quickened to the needs and desires, the hopes and happiness of all little ones. We cannot give each child the things his eager heart wishes for, but we can give a bit more love, a bit more thought, and a real blessing to all the children whom we see and contact.

It is easy to be loving and thoughtful with the children who are close to us, but let us expand our love and our thought to include all little ones. Children are so very responsive; small expressions of love mean so much to them.

As our eyes rest on a child let us bless him. As our thought dwells, for even an instant on a child, let it bless him. If we have the opportunity to speak a word to a child, let us make it a friendly, happy word. Let us use our power of imaging today. Let us see in each child the same Spirit that was in Jesus, the Christ!

♣ *Then were there brought unto him little children, that he should lay his hands on them, and pray.*—MATT. 19:13.

Monday

I AM IMMERSED IN THE PEACE OF CHRIST, AND PERFECT HARMONY FILLS MY LIFE.

WHEN I consciously unify my mind with the peace of Christ I come to the realization that perfect harmony governs my world and establishes order in all my affairs. Just as darkness cannot remain in the presence of light, so chaotic conditions cannot remain in my life when I am attuned to the indwelling Christ peace.

As I rest in the Father's loving presence, His gentle peace does its healing work in my mind. Gone are tumultuous thoughts and disturbing tensions—there is no room for negative thinking. I experience an inner calm flowing through my being. In the stillness of God's presence I find absolute peace and serenity.

I know that the Christ peace dwells at the heart of my being. Its healing calm quiets my mind, making me poised and self-assured.

I give thanks that I am immersed in the peace of Christ now and forever.

♣ *And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.*—PHIL. 4:7.

Tuesday

I CO-OPERATE WITH THE GOD IDEA IN MYSELF AND OTHERS.

THE well-being of the individual, the harmony and happiness of the home, as well as the success of any organization depends on and needs the co-operation of every person therein. But because of differences in ideas and opinions, we do not always find it easy to give loving co-operation; we do not always receive loving co-operation.

While we may not be in agreement with every person with whom we live and work, we can get along harmoniously with anyone; we can give loving co-operation if we meet in spiritual agreement with others. As we look beyond appearances and behold God, the good, in every person and in every situation, we discover the secret of co-operation. It is to co-operate with the God idea in ourselves; it is to co-operate with the God idea in others. If we think of ourselves as co-operating with the God idea, we will never find it difficult to give loving co-operation, to be harmonious and at peace wherever we find ourselves.

♣ *So then, as we have opportunity, let us work that which is good toward all men.*—GAL. 6:10.

Wednesday

"O CLOTHE ME IN THY BEAUTY, THIS I PRAY, LET ME REVEAL THEE, LORD, THROUGH ALL THE DAY."

HAVE YOU ever said of someone, "He is a beautiful person"? Not meaning at all that the person's features comply with some standard of perfection, or that his figure fits certain required measurements. Meaning, rather, that everything about the person is so charming, so gracious, so good, so wholesome that the only word to describe him is "beautiful."

As we make the prayer for today a part of our feeling nature as well as a part of our thinking mind, we will be just such a person. As we pray, "O clothe me in Thy beauty," we will be praying in effect: "Let the kindness of Christ light my eyes. Let the love of Christ inspire my speech. Let the understanding of Christ interpret all that I hear. Let the poise of Christ keep me centered in peace. Let the tolerance of Christ put all people at ease. Let the joy of Christ make me a good companion. Let the Spirit of Christ be my spirit; let me reveal Thee, Lord. Let the beauty of Christ be expressed in me now!"

♣ *Thou shalt also be a crown of beauty.*—ISA. 62:3.

Thursday

DECEMBER 19

TO EVERYONE WHO ENTERS MY LIFE, I SILENTLY SAY: "GOD BLESS YOU."

DO YOU often try to share Truth ideas with your family and those whom you meet from day to day? It is natural when you have found something that has been a blessing to you, to want to share it. However, if you meet with discouragement and are unable to help others in just the way you would like, you can always say silently, "God bless you."

You can let God's love, joy, peace, and light shine in your heart and through you to bless your world. You can live today to the highest and best that you know. Then you are a blessing to others, for people around you, and especially your family, are more influenced by the way you live your life than by what you may say to them. So let your light shine. Let the prayer of your heart be: "God bless you!" And you will find that you share your real feeling about the goodness of God and life in a very acceptable way. You will be the blessing you wish to be, and you will sense a happy response in those you wish to help.

♣ *And I will bless thee, and make thy name great; and be thou a blessing.*—GEN. 12:2.

Friday

I FREELY, STEADILY BREATHE THE VITAL ESSENCE OF GOD'S LIFE. BY HIS LIFE I AM PERFECTLY HEALED.

TAKE a deep, easy, free breath. Now gently release your breath. It is just that simple, just that natural, to accept God's healing life and to let the vital essence of that life fill you and thrill you. With each breath you take you are allowing His life to flow through your body, with each breath that is released you are letting go of all that you would be free from.

Health is largely a matter of acceptance. What are you accepting for yourself? Are you accepting the idea that you have access to God's life? Are you accepting the thought that you literally breathe in the vital essence of His life?

Make a conscious effort today to accept new life, new strength, and new wholeness. Realize that with each breath you take you are accepting a renewed consciousness of life, and your body is accepting perfect health. Realize that with each breath you take you are living to the fullest the life God gives you to live.

✦ *Seeing he himself giveth to all life, and breath, and all things.*—ACTS 17:25.

Saturday

I AM A RADIATING CENTER OF DIVINE LOVE, MIGHTY TO ATTRACT MY GOOD AND TO RADIATE GOOD TO OTHERS.

WHEN families and friends get together, there can be an atmosphere of harmony and peace if even one person in the group knows and understands the power of prayer.

You can be that one. Wherever you find yourself, you can radiate a spirit of peace and unity. In any gathering you can silently bless all who are present; you can know that God's Spirit is in each one. You can be a center of harmony and understanding as you keep your thoughts loving and peaceful, as you keep your mind stayed on God, as you keep your attention on the good and true and perfect in all persons.

You will find that as you consciously bless the place where you find yourself, the people with whom you find yourself, with a prayer of love and peace, the atmosphere around you will be filled with peace, and the people around you will be harmonious, congenial, and happy.

✤ *So then let us follow after things which make for peace, and things whereby we may edify one another.* —ROM. 14:19.

Sunday

CHRIST IS BORN IN ME. IN HIM I FIND FULLNESS OF LIFE.

IT IS Christmas week. There is music, there is candlelighting. There are Christmas flowers and Christmas trees. Our hearts sing in appreciation of these signs that the simple, lovely story of Christ's birth has been written, read, heard, and remembered.

Within us the same story is coming alive and unfolding. It is your story and my story. Christ is born in us, and by the star of our divine intuition, we recognize this birth.

Christ is born in us. In Him is fullness of life and living. Christ is born in us. In Him is the new concept of our own possibilities, our own heritage, our own divinity. Christ is born in us. In Him is every gift given. Christ is born in us. In Him we find no "me and mine," no "you and yours," in Him we know that we are one. Christ is born in us. In Him we see that Christmas is not a day, not a time, not a season. Christmas is a way; Christmas is a feeling; Christmas is a knowing. Christ is born in us. It is Christmas!

♣ *For there is born to you this day . . . Christ the Lord.* —LUKE 2:11.

Monday

DECEMBER 23

I AM THE CALM, POISED CHILD OF GOD. WITH CONFIDENCE AND EASE I EXPRESS MYSELF PERFECTLY.

I AM calm. I am poised. I am a child of God. With every word I speak today I give expression to God's Spirit within me. With every action I take today I let God act through me. With every gesture of my hands, with every feeling that finds reflection in my face, I express God.

If I am called on to do something that is not a familiar part of my routine, I find that I am calm and poised. If I find it necessary to meet new people, consult with strangers, give special instruction, or present an idea or a plan, I am filled with confidence and I am at ease. I express myself perfectly and I meet new people joyously; I consult with strangers graciously. I give instruction clearly; I present my idea or plan enthusiastically but impersonally, and my words are wisely chosen, lovingly spoken.

I am the calm, poised child of God. With confidence and ease I express myself perfectly.

Be not afraid of sudden fear . . .
For Jehovah will be thy confidence.
—PROV. 3:25, 26.

Tuesday

MY EXPECTATION IS FROM GOD, AND I AM OPEN AND RECEPTIVE TO HIS RICH BLESSINGS.

THIS DAY the very air is filled with the spirit of expectancy. From the smallest child, to the one richest in years, we expect our good. We expect the gifts we give to others to bring them pleasure; we expect to be blessed by their thought of us. We expect Christmas to be a happy experience in every way.

Above and beyond the expectancy of outer blessings, this day before Christmas holds an expectancy of spiritual blessings. We expect a quickening of the Christ Spirit that is within; we expect a deepening of our faith in the Christ; we expect a strengthening of our feeling of oneness with the Christ in others.

The spirit of expectation is but a step away from acceptance. We expect a blessing and we accept a blessing. Even without one outer symbol, even without a single gift, given or received, we expect and accept the richest, the most satisfying of all gifts, the Christ. Our expectation is from God, and we are open and receptive to His rich blessings.

♣ *For my expectation is from him.*—PSALMS 62:5.

Wednesday DECEMBER 25

JOY TO THE WORLD! THE LORD IS COME!

JOY to the world!

We think of all the readers of DAILY WORD. In German, in French, in Spanish, in Japanese, in Portuguese, in Swedish, in Finnish, in English "Joy to the world!" rings out with the same wonderful good will.

We pray that it may be a joyous Christmas for each of our DAILY WORD readers. We pray that you may find, what wise men for centuries have been searching for, the Christ of God in the midst of you. We pray that you may find Christ as the light within that guides your way, as the life that animates your body, as the substance that sustains you. We pray that you may find Him as the peace that rules in your life and in the world.

Christ is in us all. He is in those whom we love and understand; He is in those who are separated from us by miles, by language, and by custom. Christ is in men of all nations, of all religions, and of all colors.

Christ is God's greatest gift to man. Joy to the world! The Lord is come!

✤ *They rejoiced with exceeding great joy.*—MATT. 2:10.

Thursday

FATHER, I COME TO YOU IN PRAYER THAT I MAY FEEL A DEEP INNER STILLNESS.

"Let us, then, labor for an inward stillness—
An inward stillness and an inward healing;
That perfect silence where the lips and heart
Are still, and we no longer entertain
Our own imperfect thoughts and vain opinions,
But God alone speaks in us."

I LET GO all thought of outer things. In the stillness all human problems fade away, and God's peace works the miracle of inward healing.

My lips are still. My mind is open. My whole being is in harmony with God. In this inward stillness I wait for God's wisdom to inspire me. Like Samuel, I say, "Speak, LORD; for thy servant heareth." And He speaks to me. Not in words but in spiritual awakening and quickening, in understanding, and in knowing. His peace communicates itself to me and fears fall away, cares are dispersed, faith is deepened, and I am made strong in my Lord.

So, in anticipation I turn within.

✤ *Be still, and know that I am God.*—PSALMS 46:10.

Friday

DECEMBER 27

I TUNE IN TO THE IDEA OF DIVINE JUSTICE. I AFFIRM DIVINE JUSTICE. I CALL FORTH DIVINE JUSTICE.

SOMETIMES in a situation that involves many persons it is not easy to get a clear-cut idea of what a just and right outworking of the situation entails.

It is not difficult to see what is just and right for other persons in some situation when we are not involved ourselves, but personal feelings often color a similar situation in our own lives so that we are not able to view it without prejudice.

There is only one way to keep our minds on the right track as far as justice is concerned, justice for ourselves or justice for someone else; that is to affirm again and again that there is a divine law of justice operating in and through all, a law that is above man-made law, a law that is without prejudice, a law that brings only good to all. When we tune in to the idea of divine justice, when we affirm divine justice, we call it into expression; we demonstrate it in our lives.

✤ *Yet ye say, The way of the Lord is not equal. Hear now . . . Is not my way equal? are not your ways unequal?*—EZEK. 18:25. (A.V.).

Saturday

THE FORGIVING LOVE OF CHRIST FREES ME FROM ALL UNFORGIVING THOUGHTS, AND I REJOICE IN MY COMPLETE FREEDOM.

IF YOU are holding thoughts of unforgiveness toward others it becomes increasingly easy to forgive and forget when you open your heart and mind to the forgiving love of Christ. You can pray when you feel wronged or unjustly treated: "In the name of Christ I forgive you and I rejoice."

It may require practice to learn to forgive others, as the thought habits you have harbored may not have always fostered forgiveness. If you persevere in prayer you will succeed. By patiently correcting any uncharitable thoughts and replacing them with thoughts of love and forgiveness, you will be surprised and delighted at how quickly you can learn to forgive and forget the thought of wrongs and slights.

The more you learn to forgive others, the more open-hearted, friendly, and happy you become. Resentment leaves you, and blessings flow into your life.

♣ *Forgive us our debts, as we also have forgiven our debtors.*—MATT. 6:12.

I DARE TO TRUST GOD.

It is only the human intellect that can be perplexed or troubled. Divine wisdom within me always knows the perfect way.

Today I dare to trust God! I trust God utterly and completely. I yield my will to His, knowing that His will is always good and more good. From the human viewpoint I may not always understand all that pertains to a problem. With my physical eyes I cannot see into the hearts and lives of others. But Divine Mind is all-knowing; divine love is all-understanding.

Today I declare my freedom from anxiety and struggle. I give everything into God's hands, in order that He may bring about the perfect solution: a solution that is a joy and blessing to all concerned. Then I turn my attention to other things. Should fear and uncertainty arise, I dismiss them promptly. They have no power over me or the problem. It is now in God's hands, and God is beyond fear and uncertainty. He is beyond time and place. The solution to my problem, the answer to my prayer, is even now accomplished.

♣ *God gave us not a spirit of fearfulness; but of power and love and discipline.*—II Tim. 1:7.

Monday

THERE IS LIFTING UP.

"WHEN they cast *thee* down, thou shalt say, *There is* lifting up." What casts us down? We think sometimes that the words or actions of other persons cast us down; we think our state of health or finances casts us down. But what really casts us down is the way we think about things, the way we feel about things; our thoughts cast us down!

If our thoughts have power to cast us down, how much more true it is that our thoughts have the power to lift us up. There is lifting up in the thought of God's presence and power, with us in every experience. There is lifting up in the thought of the life of God, mighty in the midst of us, healing, renewing, rebuilding and restoring us. There is lifting up in the thought of the substance of God that surrounds us and infills us, the instant and constant source of our every need.

There is lifting up in the thought that God's Spirit is in all persons; that beyond what appears on the surface is that which is good, that which is of God.

♣ *When they cast* thee *down, thou shalt say,* There is *lifting up.*—JOB 22:29.

Tuesday

I LET GO AND LET GOD FILL ME WITH HIS HOLY SPIRIT.

I RELEASE old thoughts from my mind. I release old emotions from my heart. I release old conditions from my affairs. To release the old provides room for the new. A cup cannot be refilled unless it is first emptied. This day presents me the opportunity for emptying the cup, for releasing old thoughts, old emotions, and old conditions that I no longer need or that no longer add to my spiritual stature.

I quietly release the old by saying, "I let go and let God." Such a prayer is practical and effective. It makes it easy to relinquish the things that I would be free from; it makes it natural to lean trustingly on God. Then, in this new-found freedom my very spirit sings, "Fill me now to overflowing with Thy Holy Spirit, Lord."

Not only do I find release from the old through prayer, but I prepare myself for the new thoughts, the new emotions, the new conditions through which I am privileged to express more of His Holy Spirit.

♣ *Old things are passed away; behold, they are become new.*—II COR. 5:17.

A Christmas Gift for the Blind

★ The physically blind are cut off from many of the Christmas beauties that sighted persons enjoy as a matter of course. If you would like to give a joy to the blind that only they can experience, send a Christmas offering to Unity's Braille Fund. It will make it possible for more Unity Braille Literature to be put into the seeing hands of the blind.

Spend Christmas at Unity

Christmas is a family time; and for those of us who are unable to be with our families, it can be a lonely time. Unity extends its special invitation to you at this season to come and spend your Christmas with the "Unity family" at Unity Village during the Christmas Retreat, December 21 through 26. Make your reservation today by writing to the Registrar, Unity Retreat, Lee's Summit, Missouri.

Give the New Unity Record

A very special Christmas gift is the new Unity long-play record "Come Ye Apart Awhile," a relaxation drill developed and recorded by May Rowland, director of Unity's prayer ministry, Silent Unity. The record is made of unbreakable Vinylite in the ten-inch size, it plays at 33⅓ r.p.m., and it is priced at $3.

UNITY SCHOOL OF CHRISTIANITY

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A Christmas Letter

"May you have the happiest Christmas you have ever had; the most peaceful Christmas you have ever experienced; the richest Christmas of your life." These are the opening words of this year's new Christmas greeting booklet, entitled *A Christmas Letter*. It will convey to your friends in the warmest personal way all the good wishes you want to send them at the Christmas season. Its cover features a beautiful color photograph.

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Greetings, Friend
Holy Bread
I Wish You Merry Christmas
Merry Christmas to You
Merry Christmas! Happy New Year!
The Week Before Christmas
Where I Am King

Pocket-sized and printed on fine paper, each colorful Unity Greeting Booklet comes with an attractive Christmas mailing envelope, requiring only 2 cents postage. The booklets are sent direct to you so that you may personally address and mail them to your friends. Unity Greeting Booklets are priced at only 10 cents each; 12 assorted (either your selection or ours) for $1.

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TO HELP SOMEONE USE PRAYER IN HIS LIFE. *Prayer Changes Things*, by Dana Gatlin. This book gives inspiring true stories of how men and women have changed their lives through prayer, and tells how anyone can learn to do the same.

TO INTRODUCE SOMEONE TO UNITY. *The Story of Unity*, by James Dillet Freeman. Written in intensely interesting style, this book gives the complete history of the Unity work, which will give your friends many helpful ideas.

FOR YOUNG PEOPLE. *Practical Christianity for You*, by James E. Sweaney. This book presents the basic principles of applied Christianity in a form interesting and understandable to teen-agers.

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GIVE A DAILY BLESSING FOR CHRISTMAS

"At Christmastime," writes one new *Daily Word* reader, "our sister made us a most wonderful gift of a year's subscription for *Daily Word*. We find it to be a gift repeated each day of the year—bringing us strength and hope and even new health.

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AND at Christmastime, a child offers every one of us a gift. Who is the child? It is the Christ child. It is the child in our heart. And He offers us the gift of His childlikeness. It makes no difference where we are or what we are doing, for a moment of our life, we can be as a child, not the child we were, but the perfect child we are at heart. Through the window of our imagination we can catch a glimpse of the wonder, not only of things but at the heart of reality.

—*The Child in the Heart, James Dillet Freeman, Page 2.*